

What can YOU do
with 60 minutes
a day?

All Recreate on Fridays

Activity Tracker



Directions: Write in the name of each participant in the first column. You may add or delete names throughout the Movement. Indicate participation with an "x", check mark, or sticker. Participants who have five out of six Fridays marked will be eligible for the prize drawing.

Name	Week 1 Date _____	Week 2 Date _____	Week 3 Date _____	Week 4 Date _____	Week 5 Date _____	Week 6 Date _____
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After six weeks, place the completed tracking sheet(s) in the provided manila envelope and send to ARF Headquarters.